


Kane Area High School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	January 2nd #1 Cheese Omelet & Toast #2 Sausage & Cheese English Muffin	January 3rd #1 Sausage Breakfast Pizza #2 Cinna-Stick	January 4th #1 Funnel Cake #2 Mini Waffles	January 5th #1 Muffin Flat #2 Goody Ring Donut
January 8th #1 Egg & Cheese Biscuit #2 Strawberry Guava Flip	January 9th #1 Pancakes #2 Mini Bagels w/ Cream Cheese	January 10th #1 Sausage Breakfast Pizza #2 Omelet w/ Toast	January 11th #1 Breakfast Burrito #2 Iced Donut	January 12th #1 Bacon, Egg & Cheese Bagel #2 Honey Bun
January 15th 	January 16th #1 Sausage & Cheese English Muffin #2 Mini Waffles	January 17th #1 Sausage Breakfast Pizza #2 Iced Cinnamon Roll	January 18th #1 Funnel Cake #2 Cinna-Stick	January 19th #1 Tutti Frutti Cereal Blast Waffle #2 Goody Ring Donut
January 22nd #1 Cheese Omelet & Toast #2 Egg & Cheese Bagel	January 23rd #1 Iced Donut #2 French Toast Mini Sticks	January 24th #1 Sausage Breakfast Pizza #2 Mini Bagels w/ Cream Cheese	January 25th #1 Breakfast Burrito #2 Cocoa Cereal Blast Waffle	January 26th #1 Soft Filled Cinnamon Toast Crunch Bar #2 Honey Bun
January 29th #1 Egg, Bacon & Cheese English Muffin #2 Cinna-Stick	January 30th #1 Apple Roll #2 Iced Cinnamon Roll	January 31st #1 Sausage Breakfast Pizza #2 Strawberry Guava Flip		

What Makes a Breakfast a Meal?

Take at least 3:

- **Two 1/2 cup fruit choices**
- **2 ounces of (whole) grain or protein**
- **1 cup of milk**

DAILY FRUIT CHOICES:

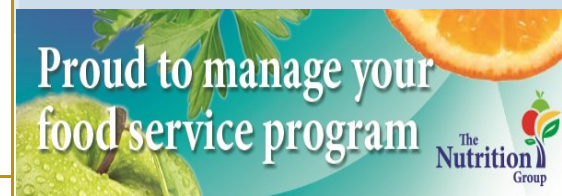
Assorted Juice, Whole Fresh Fruits, Fruit Cup Varieties, Raisins, Craisins & Fresh Apple Slices

ASSORTED CEREALS with Crackers, CEREAL BARS & POP-TARTS are *Available Daily*.



Milk Choices Offered Daily:

Fat Free Chocolate or Strawberry or 1% Low Fat White



Pricing:

Paid: 0.00

Reduced: \$0.00

****menu subject to change****

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